

Do you need local, private, health treatments?

At East Quay Health we provide a range of private treatments at affordable prices, to include vasectomy and the removal of lumps and bumps

We provide full pre and post-operative information so you know exactly what to expect

For more details please contact Karen on 01278 440409 or look at our website

www.eastquayhealth.co.uk



Smoke Free Life, Somerset

Want to Quit?
Want to be Healthier?
Kick the habit and become a new you!

Call Smoke Free Life, Somerset on
01823 356223

Rowlands Pharmacy

For many years Rowlands has maintained its free prescription delivery service. However, the financial pressures in the NHS have made this service challenging to deliver and many pharmacies have had to withdraw the service completely or charge for the service.

Rowlands now too have to restrict the service to patients who are fully housebound. By restricting this service to these vulnerable patients, it means that the service can continue for those most at need.

Therefore if you are able to leave the house, or have friends or family who can collect your prescriptions for you, you will no longer be eligible for the free delivery service at Rowlands.

This has not been an easy decision but, as with many things in the NHS at the moment, the demand exceeds the funding for the service and as responsible members of society we all need to be very careful about the demands we make on the NHS. By using all of the services responsibly it protects the core services for us all when we really need it.

Reception: 444666
Prescriptions: 446006

www.eastquaymedicalcentre.com

Onsite Opticians : 440440 Onsite Pharmacy: 423015 Onsite Dentist: 411141

Quaypoints Autumn 2018

The Patient Newsletter for East Quay Medical Centre

Did you know.....

There are Self Help guides available on:

Alcohol, Anxiety, Bereavement, Controlling Anger, Depression, Depression and Low Mood, Eating Disorders, Food for Thought, Health Anxiety, Obsessions and Compulsions, Panic, Postnatal Depression, Self Harm, Shyness and Social Anxieties, Sleeping problems and Stress

You can download Self Help leaflets from this web site
<http://www.selfhelpguides.ntw.nhs.uk/somerset/>

And there is a variety of ways in which to understand them, video, leaflet, audio

My Diabetes My Way - Somerset

There is a new service available for people with diabetes that is available across Somerset.

My Diabetes My Way Somerset is a website for people with diabetes and their carers. It contains information resources that can help you understand more about your diabetes and explains how you can more effectively manage the condition.

In addition to this information, you can also access your diabetes records. Data are collected from your GP notes, hospital diabetes clinic records, eye screening service and laboratory blood tests.

People who use the service say that it improves their knowledge to help them meet goals, improves motivation to make improvements and acts as a reminder for discussions during appointments. The service is not a replacement for your normal care, but helps you to monitor your results before, during and after contacts with your healthcare team.

If you are interested in accessing your diabetes records online, please go to the website and click the 'Register' button to securely enrol:

<https://somerset.mydiabetes.com>

If you wish to find out more about the service before registering, please email the My Diabetes My Way team for more information: somerset@mwdh.co.uk

We hope you find this service useful and the My Diabetes My Way team look forward to hearing from you.



East Quay Health Ltd

Private counselling

Introducing Nici Green & Sarah Birdsall Registered MBACP

Both Nici and Sarah are fully qualified counsellors and Registered Members of the British Association for Counselling and Psychotherapy (MBACP).

Both Nici and Sarah view their role as a counsellor is to offer guidance, helping you consider different ways of viewing life and enable you to learn more about choices and changes available to you.

Nici and Sarah can help people with all kinds of difficulties, such as:

Abuse	Bullying	Family Issues	Low self-esteem
Anger	Confidence	Grief, loss and bereavement	Stress
Anxiety	Depression		Panic attacks

They offer one to one counselling for adults on Mondays, Wednesdays and Thursdays in East Quay Medical Centre. Sessions are for one hour a week. Nici and Sarah will usually work with clients for a minimum of six weeks, with the option for more if they are needed.

Client sessions are held in the strictest confidence at East Quay Medical Centre.

Prices

First session £30
SPECIAL OFFER of £40 for each following session

*It is essential that you trust and feel safe with your counsellor.
For that reason we offer the first session at a reduced fee.*

To book an appointment, please call Karen Sherring, who supports Nici and Sarah, on 01278 440409

Karen will take contact details from you and advise you of the cost and payment procedures. You will then get a call from Nici or Sarah to discuss your needs and arrange a mutually agreed introductory session. From your initial enquiry to us you will be contacted and seen within one to two weeks.

If you have any queries, please contact our administrator, Karen Sherring on:
Telephone: 01278 440409
9.30 am to 2.30 pm Tuesday to Friday.
Email:-Karen.sherring@nhs.net

Flu Clinics 2018

Are you over 65? Do you have diabetes, heart disease, COPD, coeliac disease or immunity problems?

Are you pregnant or a child aged between 2 and 4 years old?

Have you had a stroke? Are you a Carer, Do you have a BMI over 40?

If any of the above apply to you then you should have a flu vaccination.

The 2018 Flu clinics will be held on:

Tuesday 2nd October
Tuesday 9th October
Thursday 18th October

Saturday 10th November-Adults
Saturday 17th November-Children

Please telephone 444666 or visit the surgery to book your appointment.
The clinics are by appointment only and do fill up quickly.

If you are over 65 and have never had a pneumonia vaccine you should have one.
Please tell reception when you book the appointment and the nurses can give you this during your flu' appointment.

You are eligible for the shingles vaccine if you are aged 70 or 78 years old. In addition, anyone who was eligible for immunisation in the previous three years of the programme but missed out on their shingles vaccination remains eligible until their 80th birthday. This includes people in their 70s who were born after 1 April 1942 and people aged 79 years. The vaccine is not available on the NHS to anyone aged 80 and over because it seems to be less effective in this age group.

You should not have the shingles vaccine if you:

- Have a weakened immune system (for example, because of cancer treatment, if you take steroid tablets or if you've had an organ transplant
- You've had a serious allergic reaction (including an anaphylactic reaction) to a previous dose of the substance in the vaccine, such as neomycin and gelatine.
- You've had a serious allergic reaction (including an anaphylactic reaction) to a previous dose of the chickenpox vaccine
- You have an unrelated TB infection

Most patients who are eligible for either the flu or shingles vaccine will receive a letter from the practice by Mid-September. If you do not receive a letter and think you are eligible please call reception.

Carrying medicines abroad

If you are going abroad and are concerned about taking your medication then visit your local community pharmacy who are ideally placed to provide the information that is needed and can also advise on a wide range of travel-related health issues.